

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

March Program Highlights

Mobile Information and Assistance (I&A)

A team from Md Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Wednesday, March 13
2nd Wed of each month
Time: 10:00 a.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "Is Frail really a diagnosis? What does that mean?"

Date: Wednesday, March 20
Sign-up by Monday, March 18
Time: Noon
Cost: \$4.80 (Regular lunch fee)

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, March 12 & 26
Time: 1:00 p.m. **Cost:** Free
Date: Wednesday, March 20
Time: 11:30 a.m. **Cost:** Free

Exercise to Video

Come exercise with us! These videos are made especially for seniors.

Dates: Mondays through Thursdays
Time: 11:00-11:30 a.m. **Cost:** Free



Eat Healthy, Be Active

Do you want to achieve and maintain a healthy weight, reduce your risk of chronic disease, and live a healthier lifestyle? This program includes information, handouts, demonstrations, food samplings, and fitness. Steve Stoyke leads this 6-week program.

Date: Tuesdays, March 5-April 9
Sign-up by Monday, March 4
Time: 4:00-5:00 p.m.
Cost: \$6 (\$1 per week) per person

Food Safety

Handling food safely helps to keep us all healthy. Learn proper ways to store, prepare, and cook different foods. This program is presented by Kitty Devilbiss.

Date: Wednesday, March 13
Time: 12:30 p.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m.
Date/Time: Tuesdays 1:00 p.m.
Cost: Free

Drop-in Any Time

Drop-in anytime we are open to use our computers, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.

Computers/WiFi

Free WiFi and computers, with high-speed Internet access, are available for use any time the center is open.